

This month's recipes are by Dawn Clifford, RD, Carl T. Hayden VA Medical Center Dietitian. Watch next month for new exciting recipes.

## **Low-Fat Nachos**

### **Ingredients:**

3 whole-wheat flour tortillas  
½ cup vegetarian canned refried beans or black beans  
4 oz 93-96% lean ground beef or ground sirloin  
¼ cup low-fat sharp cheddar cheese  
1 tomato, diced  
¼ cup salsa

**Directions:** Pre-heat oven to broil. Cook ground beef on a non-stick skillet over medium heat until browned. Place a paper towel or a paper napkin inside a strainer. Pour cooked ground beef into the paper towel and let paper towel absorb the grease. Set aside. Lightly spray a cooking sheet with vegetable oil. Cut whole-wheat flour tortillas into small triangles and lay flat on the cookie sheet. Place tortilla pieces in the oven and watch carefully. Let them cook for about 1-2 minutes or until lightly browned. Scoop beans out into a small microwave-safe bowl. Heat beans in the microwave for about 1 minute. Place homemade tortilla chips on a plate, layer with beans, the drained ground beef, low-fat cheese, diced tomatoes, and salsa. Heat in the microwave until the cheese is melted (about 1-2 minutes). Makes 2 servings.

**Nutritional Information:** Calories: 280, Total Fat: 6g, Saturated Fat: 2.5g, Cholesterol: 20mg, Sodium: 680mg, Total Carbohydrate: 44g, Dietary Fiber: 6g, Protein: 20g

## **Fruit and Yogurt Parfait**

### **Ingredients:**

1 cup low-fat or non-fat vanilla yogurt  
1 ripe banana  
¼ cup berries of your choice  
2 tbsp. light cool whip (optional)  
8 chocolate chips (optional)

**Directions:** Chop up banana and wash berries. In a tall clear glass, layer vanilla yogurt and fruit alternately. Scoop 2 tbsp. of light cool whip on the top and sprinkle with chocolate chips (optional). Makes 1 serving.

**Nutritional Information:** Calories: 370, Total Fat: 3g, Saturated Fat: 2g, Cholesterol: 5mg, Sodium: 160mg, Total Carbohydrate: 77g, Dietary Fiber: 4g, Protein: 13g

## **Tuna Salad**

**Ingredients:**

1 small can of albacore tuna  
2 tbsp. low-fat or non-fat mayonnaise or miracle whip  
¼ cup chopped red onion  
¼ cup chopped celery  
4 rye krisp crackers  
3 leaves of lettuce  
Pepper to taste

**Directions:** Mix tuna, mayonnaise, red onion, and celery in a small bowl. Add pepper to taste. Place lettuce leaves on a plate. Scoop Tuna Salad on top of the lettuce leaves, and surround tuna with the rye krisp crackers. Makes 1 serving.

**Nutritional Information:** Calories: 270, Total Fat: 2.5g, Saturated Fat: 0.5g, Cholesterol: 55mg, Sodium: 850mg, Total Carbohydrate: 16g, Dietary Fiber: 4g, Protein: 44g